



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03190, Babyfood, cereal, oatmeal, with bananas, dry

Report Date: June 24, 2017 23:16 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Carbohydrate Factor: 4.1 Fat Factor: 8.4 Protein Factor:3.5 Nitrogen to Protein Conversion Factor:6.04

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 15g	1 tbsp 2.5g
Proximates						
Water	g	4.70	1	--	0.70	0.12
Energy	kcal	399	--	--	60	10
Energy	kJ	1671	--	--	251	42
Protein	g	6.67	--	--	1.00	0.17
Total lipid (fat)	g	6.67	--	--	1.00	0.17
Ash	g	3.90	1	--	0.58	0.10
Carbohydrate, by difference	g	78.07	--	--	11.71	1.95
Fiber, total dietary	g	5.2	--	--	0.8	0.1
Sugars, total	g	26.66	--	--	4.00	0.67
Minerals						
Calcium, Ca	mg	800	--	--	120	20
Iron, Fe	mg	45.00	--	--	6.75	1.12
Magnesium, Mg	mg	118	2	--	18	3
Phosphorus, P	mg	267	--	--	40	7
Potassium, K	mg	600	--	--	90	15
Sodium, Na	mg	33	--	--	5	1
Zinc, Zn	mg	1.90	2	--	0.28	0.05
Copper, Cu	mg	0.391	--	--	0.059	0.010
Selenium, Se	µg	20.5	2	--	3.1	0.5
Vitamins						
Vitamin C, total ascorbic acid	mg	58.3	--	--	8.7	1.5
Thiamin	mg	0.833	--	--	0.125	0.021

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 15g	1 tbsp 2.5g
Riboflavin	mg	1.000	--	--	0.150	0.025
Niacin	mg	13.000	--	--	1.950	0.325
Vitamin B-6	mg	0.660	--	--	0.099	0.017
Folate, total	µg	167	--	--	25	4
Folic acid	µg	132	--	--	20	3
Folate, food	µg	35	--	--	5	1
Folate, DFE	µg	259	--	--	39	6
Choline, total	mg	28.7	--	--	4.3	0.7
Vitamin B-12	µg	3.33	--	--	0.50	0.08
Vitamin B-12, added	µg	3.11	--	--	0.47	0.08
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	157	--	--	24	4
Vitamin E (alpha-tocopherol)	mg	5.00	--	--	0.75	0.12
Vitamin E, added	mg	4.55	--	--	0.68	0.11
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	3.0	--	--	0.5	0.1
Lipids						
Fatty acids, total saturated	g	1.267	--	--	0.190	0.032
4:0	g	0.001	--	--	0.000	0.000
6:0	g	0.001	--	--	0.000	0.000
8:0	g	0.001	--	--	0.000	0.000
10:0	g	0.004	--	--	0.001	0.000
12:0	g	0.015	--	--	0.002	0.000
14:0	g	0.018	--	--	0.003	0.000
16:0	g	0.972	--	--	0.146	0.024
18:0	g	0.097	--	--	0.015	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 15g	1 tbsp 2.5g
Fatty acids, total monounsaturated	g	1.429	--	--	0.214	0.036
16:1 undifferentiated	g	0.039	--	--	0.006	0.001
18:1 undifferentiated	g	1.384	--	--	0.208	0.035
20:1	g	0.001	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	2.186	--	--	0.328	0.055
18:2 undifferentiated	g	1.970	--	--	0.295	0.049
18:3 undifferentiated	g	0.166	--	--	0.025	0.004
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.157	--	--	0.024	0.004
Threonine	g	0.417	--	--	0.063	0.010
Isoleucine	g	0.501	--	--	0.075	0.013
Leucine	g	0.978	--	--	0.147	0.024
Lysine	g	0.558	--	--	0.084	0.014
Methionine	g	0.266	--	--	0.040	0.007
Cystine	g	0.272	--	--	0.041	0.007
Phenylalanine	g	0.624	--	--	0.094	0.016
Tyrosine	g	0.497	--	--	0.075	0.012
Valine	g	0.699	--	--	0.105	0.017
Arginine	g	0.711	--	--	0.107	0.018
Histidine	g	0.362	--	--	0.054	0.009
Alanine	g	0.491	--	--	0.074	0.012
Aspartic acid	g	0.986	--	--	0.148	0.025
Glutamic acid	g	2.603	--	--	0.390	0.065
Glycine	g	0.505	--	--	0.076	0.013
Proline	g	0.807	--	--	0.121	0.020
Serine	g	0.582	--	--	0.087	0.015

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 15g	1 tbsp 2.5g
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0